VOLUME ONE

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EXERCISE - NUDIST STYLE

LETTER FROM A NUDIST

ESCAPE INTO NATURE

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SUN TREK

by Jack Norman, Noted Nudist Physical Culturist

Remember the physical fitness kick that everybody was on a few years ago? Today most people don't even remember it. When was the last time you read about someone taking a fifty mile hike? Seen many six day bicycle races in the past six months? America has forgotten about all that, and as the memory gets dimmer, the waistline gets wider.

EXERCISE NUDIST STYLE

a sensible workout program

not only keeps you fit today,

It's important that we stay fit. There is, as far as I'm concerned, nothing worse that a person can do than to let himself get out of shape. It dosen't take much exercise to stay in form and it really is worth the effort.

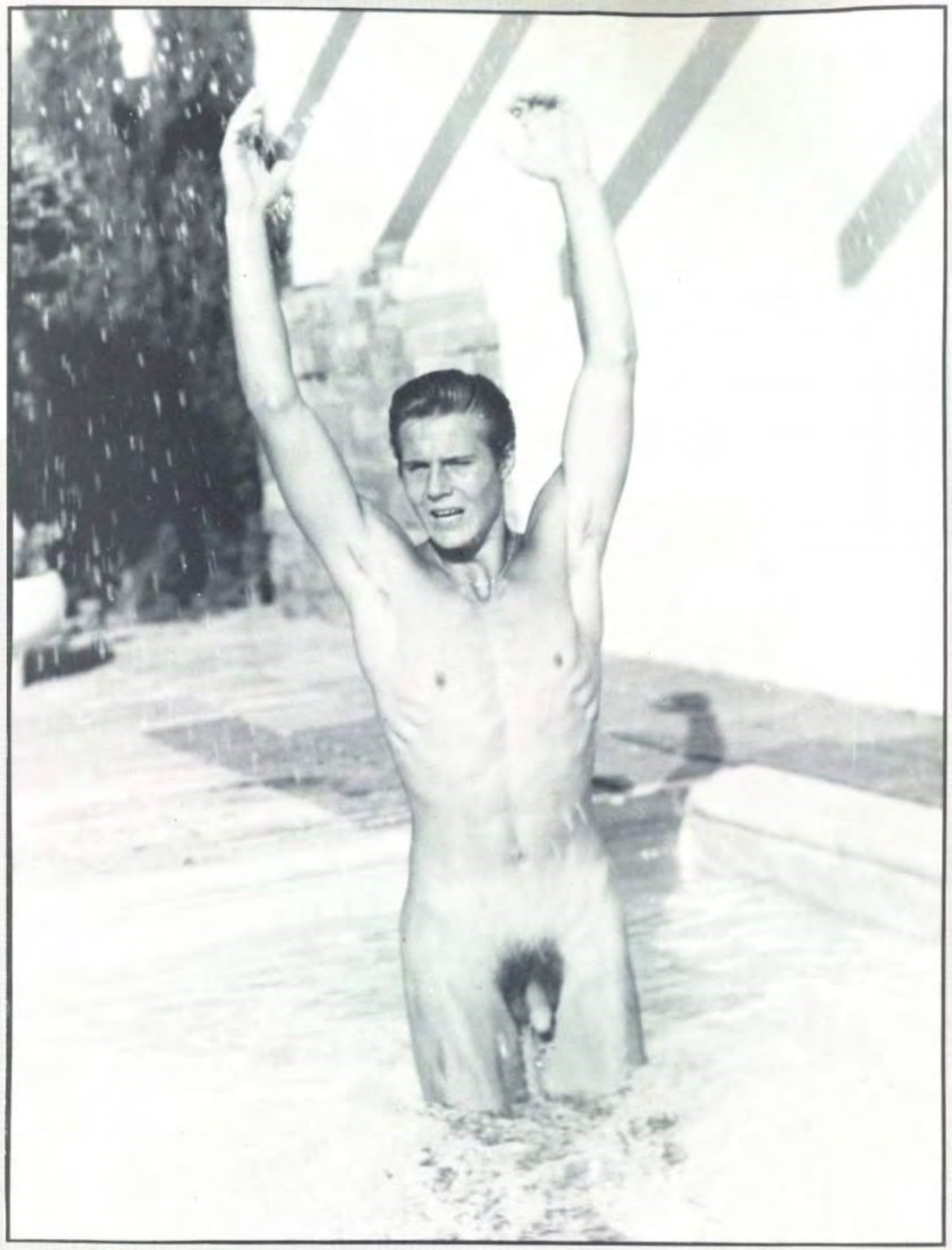
Now, let's consider some of the exercises that all of us can do. One of the finest forms of exercise that I know of is swimming. When a man swims, he uses muscles that he never even knew he had. Even a quick dip is often enough to keep those muscles from sagging in later years.

A good swimming plan to follow would be this: first thing in the morning, jump out of bed and go leap into your pool. Swim the length of the pool twice using the Australian Crawl, then once using the back stroke. Relax for a moment and then swim the pool twice with the breast stroke and then dog paddle once around the pool. Jump out and dry off with a rough towel. This will do more for you than running fifty miles!

You'll feel refreshed and be ready to face the day. When you get home in the evening, do the same thing. Pretty soon you'll notice that your body tone is better, a dual effect of both exercise and the sun. You'll have more energy and just feel better all over.

but is also an investment

in the future



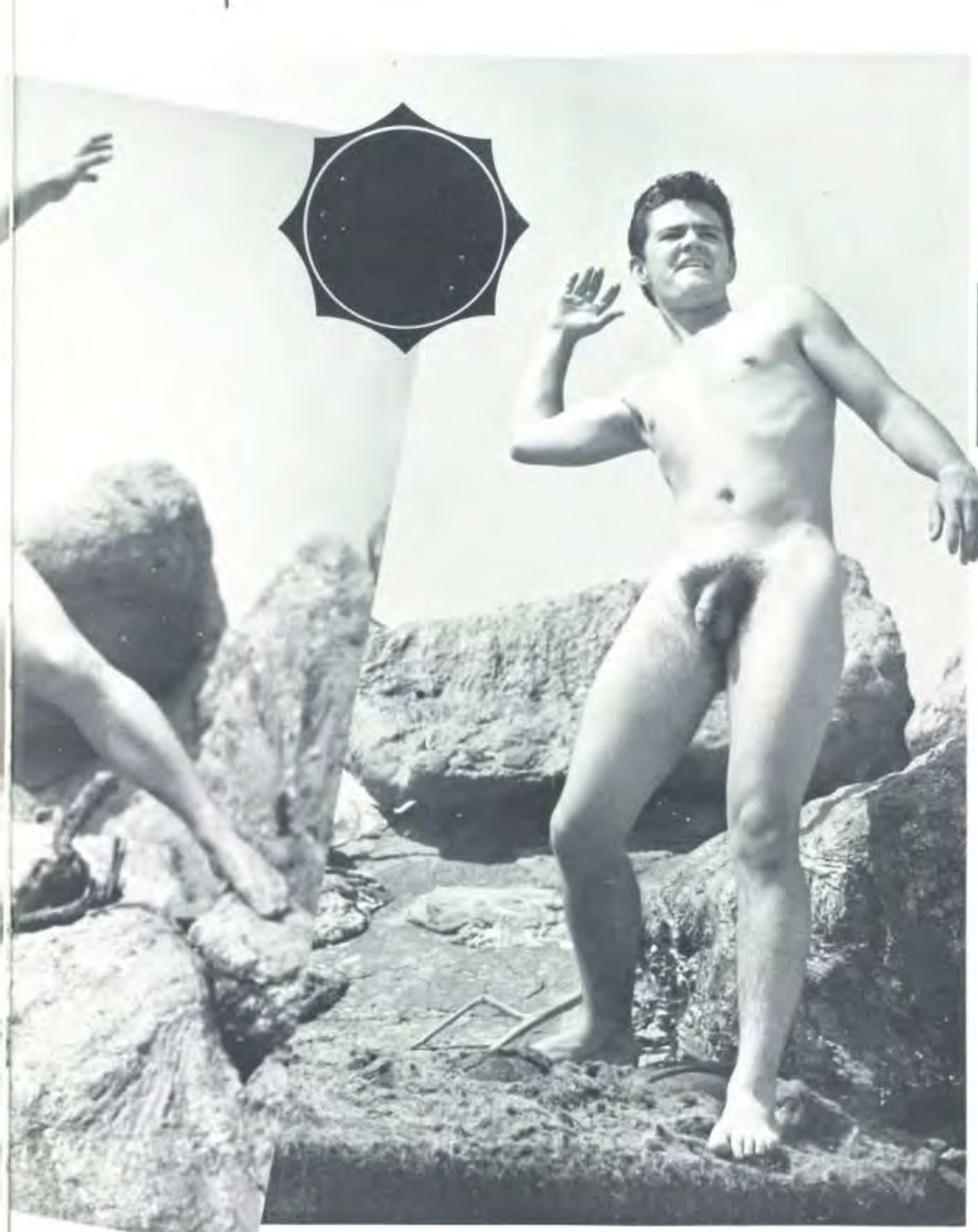
Now, if you don't have a pool, or you aren't able to swim nude in your own pool, weight lifting is always good exercise. Even if you only have a small apartment, you can keep a set of weights around. Like swimming, it only takes a few minutes every day to stay in shape.

Get up in the morning and stretch all the muscles in your body. Then, start out with some light weights and work up until you are lifting about seventy-five pounds. Do a couple of French curls and three to five body presses. Do the same at night before you go to bed.

Now, let's say that you have been doing these exercises for a while; naturally you are going to want to test yourself. The best way to do this is to go out into the country one weekend and go rock climbing. This will prove to you how effective these exercises really are. You'll find that you're able to climb much better than you ever did before.

Exercising takes very little time, and even if you are the type who doesn't care to exercsie in the nude you will find it worth while. Exercising is a good investment in your own future. Remember, that little time that you will spend in the pool or with the weights may add many enjoyable years to your life.

SUN TREK



a confirmed believer in the ever-growing movement tells a friend how he got that way

LETTER FROM A NUDIST

Dear Friend,

You asked me why I became a nudist. That's always a good question to ask a nudist because there are many different answers. While I can't talk for everyone in the nudist movement, I am going to tell you why and how I became a nudist.

For a long time I was wrapped up in clothes, both in the actual and in the idea. Face it, as soon as you are indoors, clothes cease to serve a function of protection from the elements and become a barrier that helps you to hide from other people. I've never liked hiding, and the idea of putting my body behind a barrier for no real reason never went well with me. But even though I felt this way I wasn't doing very much about it. And anyway, like most people, I was just a bit on edge about getting rid of all those clothes even though I didn't like them.

TREH

Life is a process of decision, and after a while, I did make the decision to try nudism, at home and by myself. At first all I did was spend more time in the nude after I had taken a shower. Then I started to sleep in the nude. (You never really know what a good night's sleep is until you start sleeping in the nude.)

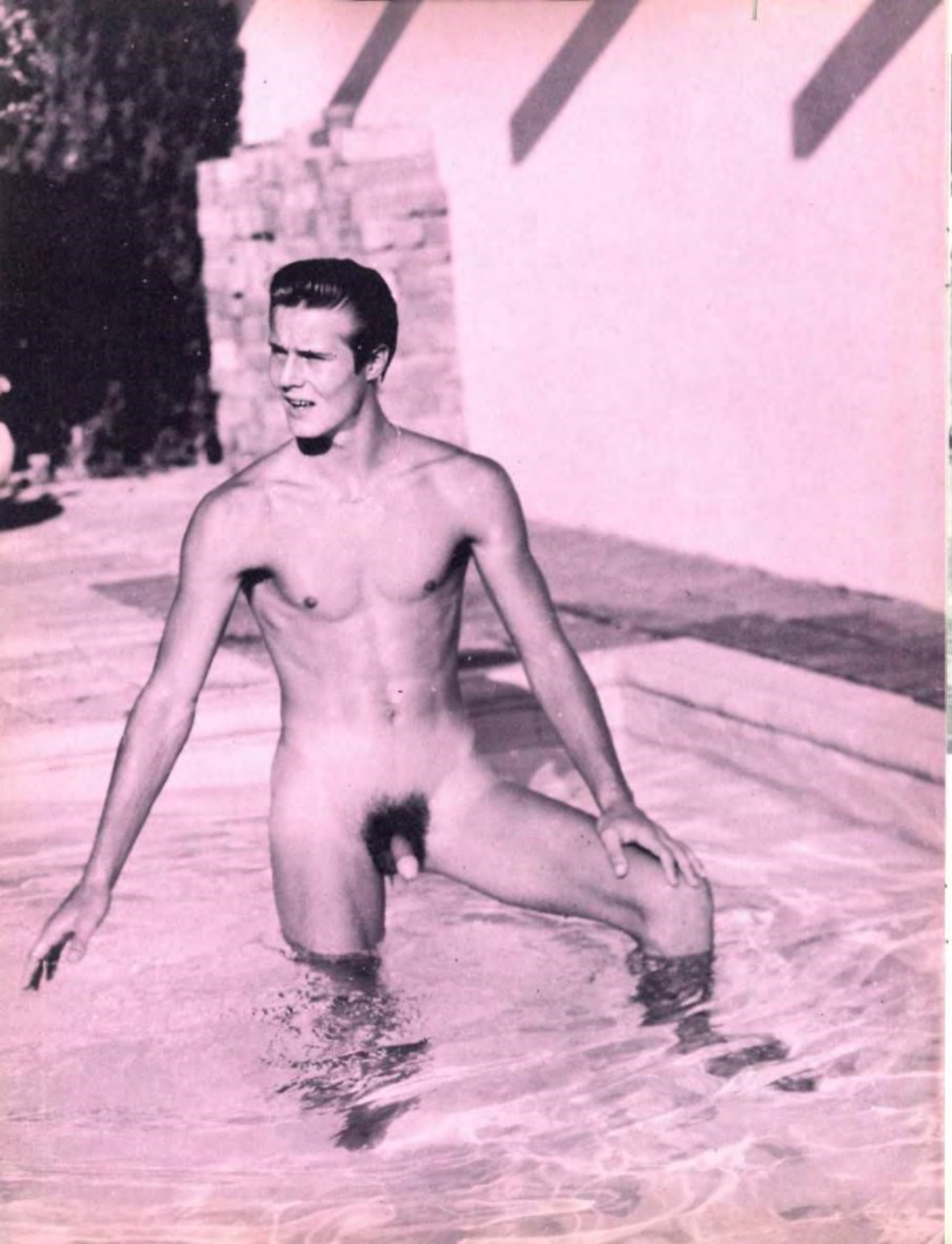
But I was doing all of this myself. Sure I was comfortable, but I was also spending a lot of time by myself. Then one day at work, one of my friends happened to mention that he was a "household nudist." Well, that did it. Pretty soon I had friends dropping by who were nudists, I joined one of the nudist discussion groups and I became part of the movement. Now, I sit around my pool with friends and we talk or swim, exercise or just relax and enjoy the sunlight. But the important thing is that we are relaxed and natural about being nude.

Well, that's how it all started with me. I'm the first to admit to anybody that I'm a confirmed nudist. I enjoy the freedom, the comfort and the sun. I've found that going without clothing is the natural thing to do, it's something that none of us should ever be ashamed of.

You've asked me why I became a nudist and I've told you. Perhaps now you can better understand why so many people like myself are becoming nudists. But the important action for you to take now is to not be satisfied with what I've told you, but rather to talk to other nudists.

Second hand information is just that. The only real way to know what nudism is really like is to try it. Remember, nothing ever happens if you just think about it. The important thing is to do it.

Sincerely,
Your Nudist Friend



ready to blow your stack
in the modern rat race?
put a little GAFIA
in your life!

ESCAPE INTO NATURE

ESCAPE INTO NATURE

Do you ever feel like the world is going to explode inside your head? Do you find that the pressures and forces of the world are getting to be too much to stand? Is there anything that you can do to keep from blowing your stack? There is! It's a wonder substance known as GAFIA. GAFIA stands for Getting Away From It All, and as far as we know, it's the best cure in the world for the Civilization Blues and the Technology Cramps.

How do you use this great discovery? Simple: plan a weekend with nothing really planned

except that you are going to get away from the world. Drive out to the country or out to the beach, find a secluded place and slip out of your clothes and relax.

Walk around the hills, stroll by the surf just as man did thousands of years ago. Let everything modern slip out of your mind. Forget the freeways and the buildings. Forget the clocks and the state of world politics and just look at the sky.

Climb mountains by yourself, let the wind and the sun get to know you. Walk into nature in a natural state of mind and you'll find that you'll be more relaxed than you have been in years.

Pretty soon you'll find that you don't want to go back to the world you came from. You'll want to spend the rest of your life close to nature, living as man once lived in the early years of the world.

But we all have to go back. Even though the world that man lives in is one that he, not nature, created, we must all return. Man belongs in nature. What most of us forget is that nature also belongs in man.

We all need to get away, yet most of us, it seems, never have the time . . . so we say. Sit down right now and make yourself a promise. Promise that you will, sometime soon, get away. Tell yourself that you are going to go out and enjoy nature . . . enjoy life as it once was.

Remember, it's only for a weekend. Just two days out of your life. But, it's a weekend that will make everything seem more worthwhile when you come back. It's a weekend that will make life a lot better.

SUN TREK

FILMS & BOOKS

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See how fifteen guys have fun being nudists at home — swimming, playing, posing for the book Fifteen Male Nudists at Home, doing Greek dances, etc. Once you've seen this film, you too, will want to experience this wonderful, health giving freedom that only nudism affords.

PRICE $15.00

15 MALE NUDISTS ON *FILM*

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BOTH BOOK AND FILM $30

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The Nine Male Nudists is published with the intention of showing the joys of nudism . . . the feeling of freedom that comes only with being in the great outdoors with no confining or constricting clothing. Once you have experienced this glorious sensation the chances are you, too, will become a confirmed nudist.

THIS BOOK IS DEDICATED TO THE MALE NUDIST . . . NEOPHYTE AS WELL AS VETERAN.

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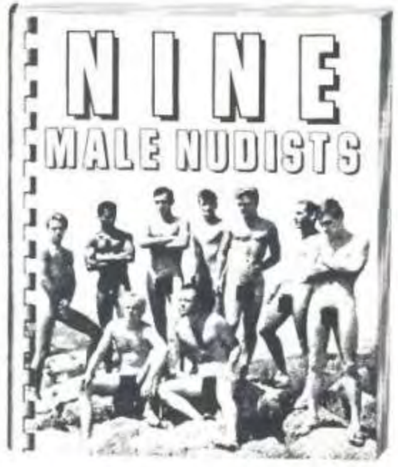

NINE MALE NUDISTS ON *FILM*

While on location putting this book together we also shot some B & W movie film.

This film is extremely casual . . .

Showing the

NINE MALE NUDISTS

posing for stills . . .

playing ball . . .

swimming . . .

relaxing . . . etc.

200 FT. 8MM BLACK & WHITE FILM $20

BOOK AND FILM $25

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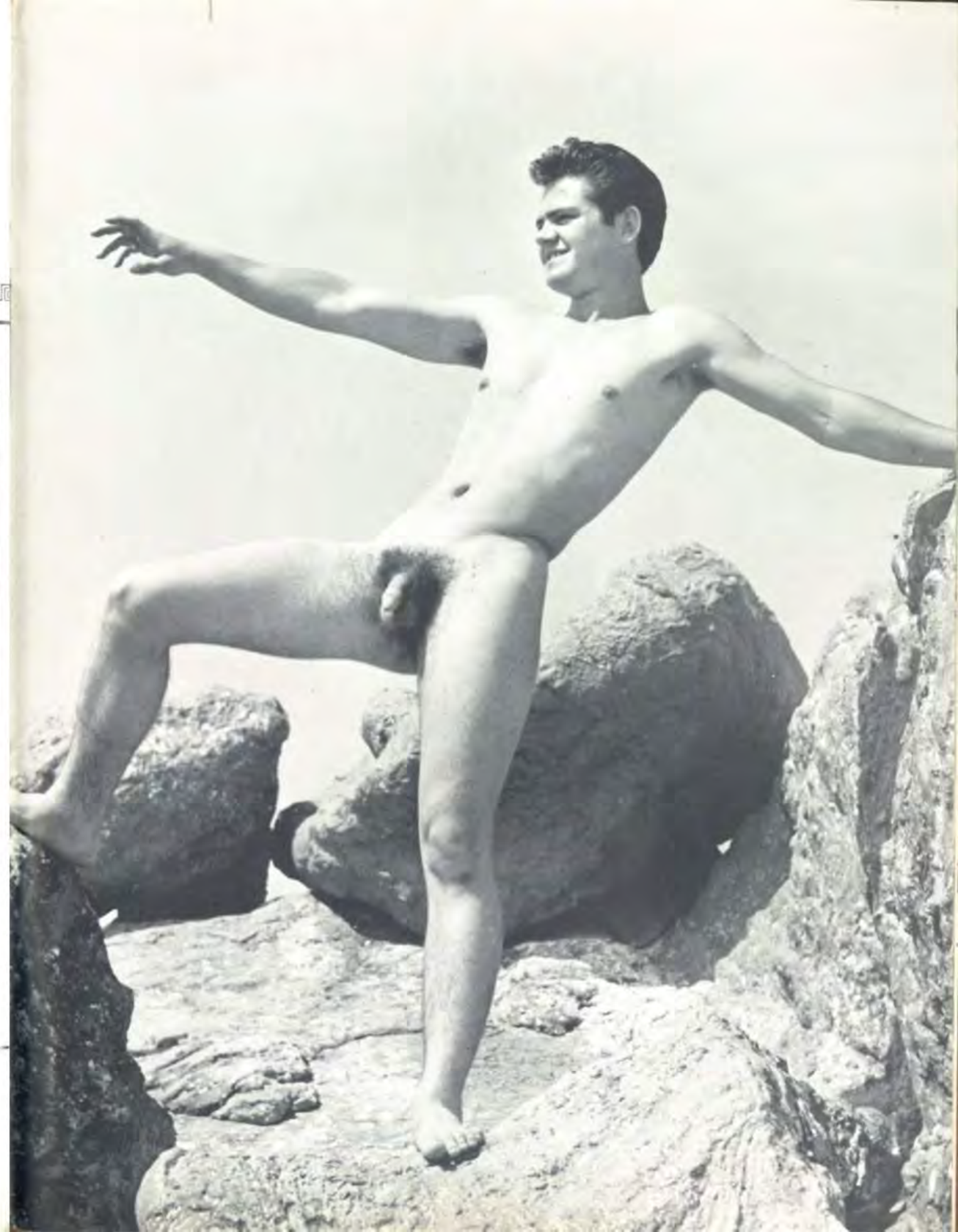

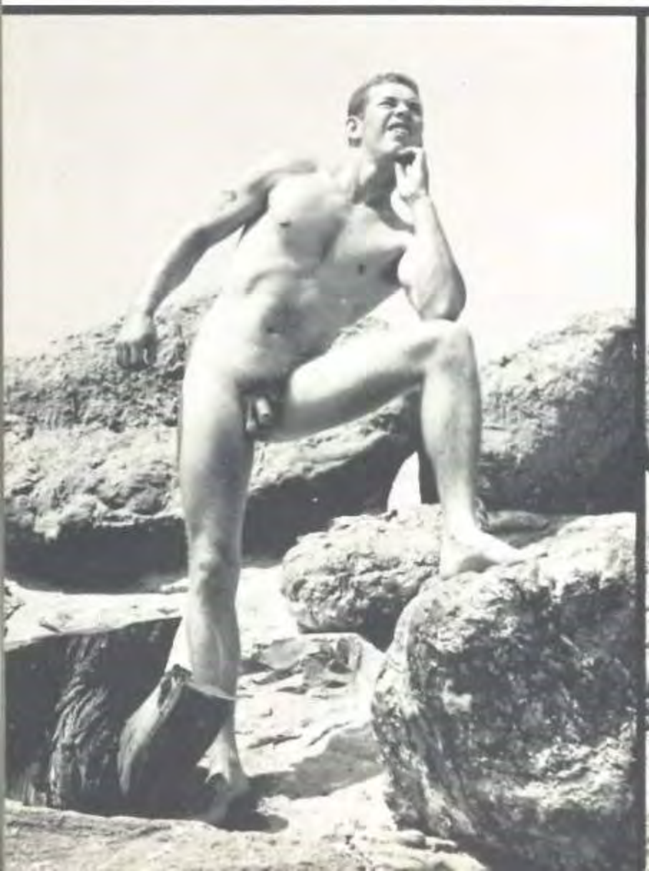

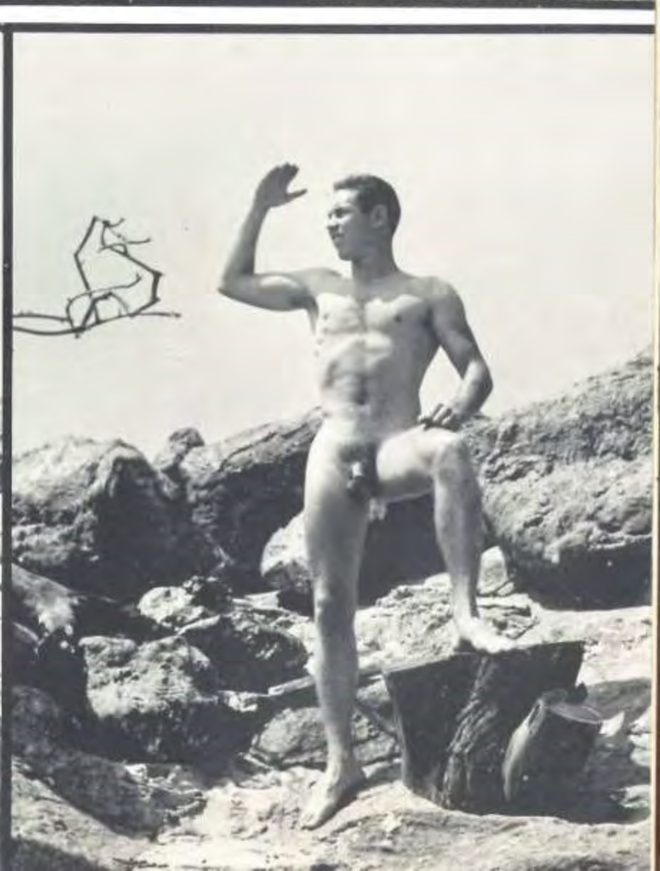

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MALE NUDIST WORKOUT

The movie of these four athletic young nudists was shot while Sun Trek ±2 was being produced. It shows-on inhibited and enthusiastic horseplay as well as serious endeavors in body developing.

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NUDIST AHOY

This exceptional film was made while Mr. Sun ±6 was being produced, and it shows three very masculine nudists on a nautical rampage!

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JOE & EDDIE

This film finds two exceptionally well proportioned male nudists frolicking among the rock, communing with nature, and enjoying themselves in general.

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MALE CALL

This movie filmed at Camp Hood while "Male Paradise" was being produced is an intriguing spoof on the in's and out's of military life.

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They don't eat the daisys, but they do about everything else in this film of rollicking merriment among the flowers and mountainous scenery.

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EIGHT MALE NUDISTS

If you enjoyed M.A.N. ±1 you will thrill to the exuberant scenes in this film, shot while ±1 was being produced, among the cactus and sage.

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